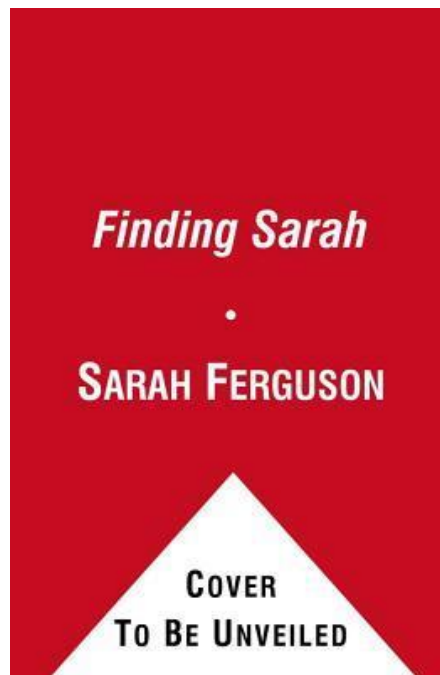




Finding Sarah: A Duchess' Journey to Find Herself

Sarah Ferguson

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Finding Sarah: A Duchess' Journey to Find Herself Sarah Ferguson

Finding Sarah is an extraordinarily personal memoir by Sarah Ferguson, Duchess of York. As she spends time with Dr. Phil McGraw, she gains a new understanding of her relationship with herself and with others. Suze Orman helps Sarah unravel the poisonous money issues she suffers from. Martha Beck teaches her how let go of her negative self-image. Many other friends and experts populate these pages and you will meet them all. Sarah's journey, in so many ways, is everyone's journey and as she shares her story with us she also shares the advice and wisdom she benefited from along the way. Her struggles with adversity have taught her that life's lows can become a source of strength and courage. She knows, first hand, what it means to feel lost and she also knows that it is never too late to find your way back, to attain your goal, to take back control of your life and to make a special dream come true. Through intimate diary excerpts and personal emails from friends and family, Sarah opens herself unsparingly. On every page of this book you will hear from Sarah's friends and guides, her "real-life angels," as they help her get to the root of her problems—from comfort eating to self-loathing, from reckless over-spending to notorious mishaps. You will learn from them, as she did. In this way, Sarah hopes not only to talk to you as a friend but to inspire you, through her own experiences, to look closely at your own life and where you wish to improve it, then to encourage you to follow your instincts and find your true path. Sarah Ferguson did, and so can you.

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From Reader Review Finding Sarah: A Duchess' Journey to Find Herself for online ebook

Linda says

Sarah Ferguson, the Duchess Of York gets big points for being forthright and honest about the tabloid situations she find herself in at several points of her life. We meet her at her lowest point when one of them has drawn in her ex-husband, and love of her life Prince Andrew. Oprah takes Sarah in hand and gets her to commit to remaking her life mostly in front of a television camera.

The author was emotionally neglected by selfish parents including a mother who left her children and lived a world away. To her credit, by all indications the Duchess of York has done the opposite for her children. She has raised her daughters with love and dedicated herself to their well being, by extension she favors charity work that assist children.

In other areas of life, she's lacking: financial savvy, self esteem, healthy living and spirituality. Or so we're lead to believe as we go through the year with her and follow her progress through prose, her diary entries and way too many emails from friends that echo the same theme of "don't worry you'll be fine".

Some of the self help advice is interesting as are some of her revelations. Each chapter ends with "nuggets" that break down the essentials she's learned and in the chapter.

Most of what Sarah is exposed to you can find by watching the show or reading books or listening to DVD/CDs from the contributors.

And that's where the book loses me, few of us will be able to conduct our journeys with face to face sessions from Dr. Phil, from Martha (the Oprah life coach), from leading holistic doctors, from Suze Orman, from a well known shaman, etc. We're not lucky enough to spend weeks at seaside mansions owned by friends or to detox at spas or find spiritual enlightenment at a facility in Thailand. (I'm fine with not being able to take a frostbite filled trek through the Northwest Territory.)

So I wish Sarah, the Duchess Of York well and I admire her for her dedication to her children and ex-husband. That bond appears strong on both sides, I hope she can break the tabloid's grip on her life. I just take the common sense things clear to all and move on with those knowing Dr. Phil won't be knocking on my door and neither will Suze Orman.

Marie says

A bit long maybe but I have traveled some of her journey, in having separated from my husband and the dramas with friends, rumours, assumptions and hurts. As with Sarah, I had to work hard to reestablish relationships with my children. However, I wasn't a Duchess, so I didn't have the bad press neither the same level of intense surveillance or the paparazzi trying to sell papers. However, I felt that friends and even family had become judge & jury - I too suffered the hurt of some deciding that I was "at fault" in the marriage break-up - I often felt that I was under intense scrutiny. Like Sarah, I had to struggle with issues of self image and to prove that I could live a celibate happy life without a man, and adjust to living on my own and rebuilding a sense of usefulness and meaning in life. I think that Sarah has written a hard book to write - she has been extremely respectful to 'The Royals'- but open and honest about her journey.

Mary Ann says

I found the book fascinating to read. I learned quite a bit about her early childhood and the influence it had on the decisions she made during her marriage. I'm still surprised that her worldview is so limited even after her exposure to such a variety of experiences. That she would be so bothered and base her behavior on what a few tabloid journalists would have to say about her decisions is beyond me. There were a few gems, but mostly trite platitudes offered as pearls of wisdom.

Susan B says

This is a woman who has struggled all her life to find self-worth. Challenging enough for anyone, but especially for someone who's lived much of her life in the public eye, and made so many public blunders.

It was such a seeming-blunder that set Sarah Ferguson, Duchess of York, on the path to self-discovery. She needed to know why she continually made poor choices and wound up in scandalous predicaments.

While I am not a fan Oprah or New Age philosophy, and can therefore not agree with the spiritual conclusions Sarah reaches, I do admire her for taking on the difficult task of "finding" herself. At the end of each chapter, she offers "nuggets" to help the reader who may be on a similar journey or be struggling with the same sorts of issues. Some of these "nuggets" would seem common sense to many of us; some, I would opine, are on the "flaky" side.

Sarah emerges from the latest scandal a stronger person for finally facing her past and gaining self-understanding. She is blessed to have many resources at her disposal that the ordinary person would not have. Not everyone can go to Thailand, Hawaii, or the Northwest Territories as part of their healing process. Not everyone has the circle of friends Sarah does.

The best conclusion Sarah comes to is that God loves her and God has forgiven her of all that she has done. With all due respect, her definition of God is suspect, but otherwise it's a statement that could potentially be true.

One of my favourite lines from the book: "Pouncing on your pride is a greater sign of strength than pounding on your chest." (p. 81)

Anne R says

This is the first book written by Sarah Ferguson, Duchess of York that I have read. I was interested because I was watching her documentary on the OWN Network. I started it with mixed feelings because part of me believed it would be no more than a written diary of the documentary that I had watched on television but it was much more.

I was so taken by the Duchess' elegant writing style (no co-author or ghost writer here) and her sensitivity, her spirituality and obvious vulnerable inner self. Without question, I loved her writing style and, I admit, I

was surprised by her talent having known no more about her than something I might have read years ago in People magazine. She made me laugh and she made me cry. She made me root for her while not feeling sorry for her and she made me remember to root for myself.

I hope the book is an overwhelming success but, if it isn't, I believe Sarah did heal emotional wounds she has carried for decades and that is the most important achievement. Also, I believe that she found the inner strength to deal with people who have chosen her as a target to sell newspapers in the U.K. It is obvious U.K. news "rags" will continue to ignore the overwhelming amount of good works she has had (i.e. the establishment of the non-profit organization Children in Crisis) because a photo of her caught with messy hair in a wind storm sells more papers than reporting on the opening of a new hospital ward for teenagers fighting terminal illnesses that was the result of her fund raising efforts.

Ellen says

I was disappointed by this story. I'd hoped for a revealing perspective from a younger person than I who is also in the public eye because of her position in Britain's royal family. Instead, I got Oprahspeak and Dr. Philisms, for the most part.

I admit, I read the first few chapters and only skimmed the rest and did find what I expected--not much.

I won't discuss her personal journey here, but I hope she continues her seeking until she finds the truth of God.

Meg - A Bookish Affair says

I eat up just about any book about the British Royals. Even though Sarah Ferguson is technically no longer royalty, she's always sort of been a fascinating person to me. She seems to have really bad luck when it comes to getting into bad or embarrassing situations. This latest book comes after the fall out surrounding her allegedly (she denies this throughout the book) taking a bribe to give someone access to her former husband, Prince Andrew.

This book is also sort of a self-help book, a genre that I'm not usually a fan of. Of course after the fall out from the bribe issue, Oprah stepped in and gave Sarah access to all of her "gurus," Dr. Phil and Suze Orman, etc. The book covers a lot of what she discovered with these people. I'm not a huge fan of any of them. Add that to the fact that I'm not a self-help fan and this book was just really not for me.

I was hoping to hear more about Sarah's life. You do get a glimpse of that but not much of one. This book was just okay for me.

Kylie Duthie says

I don't quite know why I was drawn to reading this book. I think I was keen to have some insight into being part of the Royal Family. Even the free sample sucked me in. But this book was awful. I read about a third of it, and then just skimmed through the rest. Perhaps I would have enjoyed it more if I had the same anxieties & issues as the author. But reading it as a well-balanced, generally content person, it was just so tedious. It

was all about "Me Me Me" & "here's the next exotic place I went to on my search for healing" & "I have approximately 7,000 soul mates" (see Thank You notes at the end for proof of this last point). It was torture. It's incredibly rare that I don't finish a book (I even battled to the end of The Finkler Question in case that became more enjoyable - It didn't). My advice is DON'T WASTE YOUR MONEY.

Pat says

I had previously watched the documentary "Finding Sarah" and found it interesting. I like Fergie and admire her for trying so hard, especially that bit in Yellowknife. Whew! It seems that she often gets little credit for the good she does, but is pounced on gleefully for every error, whether intentional or not. Having said all that, I am astounded at what her idea of "having no money" is. When I have no money, I can't hop on planes to stay with the rich and famous and be helped in my quest by the world's experts in every field. I did get to buy this book at Dollar tree and read about someone getting to do that, though, so I got my vicarious thrills anyway. While I was there, I got herbal tea and a scented candle.....my own version of a spa....

Shelly L. Snow says

Sarah Ferguson in this book had made a series of poor choices that have been made public over the years due to her status as a British Royal. She talks about how she's struggled to do good for others (she does this because she's a natural people pleaser) and how things have blown up into very negative media events. In this book she relates her childhood, talks about her parents and events that have lead up to the person she is today.

Before reading this book I always have had an interest in Sarah Ferguson from the time she stepped on the world stage as Prince Andrew's fiancée. I've always thought she was beautiful and like her based what I have seen and read. In this book she reveals herself in a very personal way and makes a lot of private information public. She opens herself up to those of us who are fellow people pleasers and have gotten ourselves in a bit of trouble being this way. Like all of us she has flaws but has the loving support of her family which is something that some of us lack. While there is some new age philosophies' in this book that I don't agree with. Basically through out this book she's taught by various people to slow down, be still, get some time to your self to regroup and think. This is something we all need to do from time to time.

If you've gone through your own personal catastrophe or keep making the same life mistakes, this book maybe able to give you some direction in self discovery. This is also a good read if you're curious about Sarah Ferguson. I believe that it was Sarah's intent when writing this book, so I highly recommend it.

Roxanne says

I was surprised to learn about Sarah's childhood and how much it has impacted her life to this day. Even though she feels she needs a lot of work, Sarah has really done incredible things with her life. Despite a few REALLY bad decisions, she is really a very powerful woman in her own right. Information regarding her late diagnosis of ADHD and how it affected her made an incredible amount of sense. Also, her honesty about going through her mid life changes also has impacted her without her even realizing it until recently. From what she writes, everybody should be so lucky to have an ex-husband like hers.

Elena Dorothy says

The Book gives an incite into what Sarah Ferguson had to endure as a child, her upbringing, her struggle for survival then and now. Didn't realize she was Diana's cousin and that Diana introduced her to Andrew. How the Royals treated her and are as much to blame for her shenanigans as she is. Not all the stories that one reads in the magazines or newspapers are true, but do contribute to the misinformation that prevails about The Duchess of York. It is quite evident that Sarah is still deeply in love with Andrew and that Andrew is still deeply in love with Sarah. It's too bad these two can't get back together again and tell the Royals to go to blazes.

Brenda says

Disappointing. Was hoping to be inspired, but found the book to be full of simplistic platitudes. She may have found herself but this book was a sad attempt to draw us into her journey.

Sue says

If you like to hear a person whine about everything you can think of, this book is for you. She complains about not having money but she had \$300,000 to put down on a racing horse. She complained about having to let her house staff because she couldn't afford them. I know how this could be tragic.

If you think you have heard enough complaining, you have to hear about she did not have enough money when she was married to Andrew. They did not get as much money as Charles because they were not heir to the throne. I know when I went through my divorce that was part of my difficulties

I would not recommend this book. It was really a waste of money. Sorry Sarah--you still need to keep looking for yourself.

Karen says

I found the writing choppy and disconnected and the author to be very self-absorbed. Sarah seems to be a master at making mountains out of mole hills.
